

Angry? Don't Grit Your Teeth, Dentists Advise

Angry? Don't take it out on your teeth. Bruxism — the term used by your dentist to describe grinding, clenching, clicking, or gnashing of your teeth often at night while sleeping — is a habit harmful to your dental health. It often occurs, dental researchers tell us, when we're angry or under emotional stress. Since it's considered impolite to strike the people we're angry at, many of us resort to grinding our teeth on ourselves the anger we feel for someone else.

BRUXISM often leads to worn-down teeth and gum disease. Sometimes the person doing it doesn't even know — because his mind is occupied by his anger or because he's asleep. But his stress. Since it's considered impolite to strike the people we're angry at, many of us resort to grinding our teeth on ourselves the anger we feel for someone else.

your teeth are: Holding nails between most frequently at the gum line. Dentists don't know the specific causes of erosion, but believe that too much drinking of such beverages as lemon juice, high in acid, may result in etching away the tooth surface. Toothbrushing with the tooth, or using the teeth to cut or snap string tissue that is exposed.

AS AN ADULT you may want to find your teeth more subject to erosion — a dissolving of other dental condition which

tooth enamel, which occurs among adults. It's frequently found among pipe smokers, whose teeth become abraded where the stem of the pipe is held.

• Replace at once teeth that are lost, if they are not replaced, neighboring teeth will drift into the vacant space and disturb the position of the other teeth. Badly spaced teeth are more vulnerable to decay. Further, chewing with improperly spaced teeth places undue strain on the supporting structures of

HERE ARE some basic dental health rules for adults to follow:

- Obtain dental treatment at once for teeth that are wearing damaged by decay or other causes. Remember, no artificial tooth, no matter how well constructed, is as good as your own

the teeth, damaging gums and underlying bone.

- Above all, observe the good dental health habits that apply to all ages. Eat a proper diet, low in sweets, and drink fluoridated water.

Brush your teeth immediately after eating. Have a regular dental examination. You will have better teeth — your own — if you follow these basic rules for dental health.

BIG COMPANIES are looking for outside warehouse space. Because of tight money, most companies prefer to use cash for production facilities rather than storage space. A phone for paralyzed people has been developed by New York Telephone. It becomes operable by a touch of the chin. U.S. Treasury silver stocks have dwindled over the years but the silver price set by the Treasury is expected to remain at \$129.29 an ounce, at least for the time being. Alas, the national health authority in Great Britain says bandy is not a must pay the bill himself.

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